

# Mental Well-being on Campus

The Online Forum for You

Wednesday, December 11th, 2024

5:00 – 7:00 p. m.

Input (90 min.) + sharing experiences

Participants: 20–100

„AUTHENTIC,  
EXCITING,  
REASSURING.“

Come and join us!  
Feel free to stay  
anonymous!

- ▶ Get to know typical warning signs of mental health issues.
- ▶ Critically look at the prejudices relating to mental illness.
- ▶ Find out who and what can help, what makes you strong and what you need to master a crisis.
- ▶ Get to know support and counselling services on campus.
- ▶ Ask what you've always wanted to know about the topic.

Feel well informed + encouraged + connected.  
Thousands of students have already participated.

Now we look forward to meeting you!



A programme by:

IRRSINNIG ] [ MENSCHLICH

[www.irrsinnig-menschlich.de/en](http://www.irrsinnig-menschlich.de/en)

This is where we'll meet:

<https://us02web.zoom.us/j/84453072787?pwd=t2Qbo0OUpe2Vt2HDUUAX9t2u3IO2zF.1>

Meeting ID: 844 5307 2787

Meeting password: 264375

Host: Universities Thüringen